

## City of Waverly Parks and Recreation Women's Adult Volleyball Rules

### Roster & Player Requirements

- A team consists of six (6) players on the court.
- Teams may play with as few as four (4) players without a forfeit.
- There is no gender-based roster restrictions.
- If a team has five (5) players, the ghost rule will not be enforced.
  - The team will rotate serve normally as if six players are present.

### Game Format & Timing

- Matches will begin at the scheduled start time.
  - If fewer than four (4) players are present 10 minutes after the scheduled start time, the first set is forfeited.
  - If fewer than four (4) players are present 15 minutes after the scheduled start time, the entire match is forfeited.
- Matches consist of:
  - Best of three (3) sets OR
  - 50 minutes of running-time play, whichever occurs first.
- Scoring
  - Rally scoring is used for all sets.
  - Sets 1 & 2: played to 25 points
  - Set 3 (if necessary): played to 15 points
  - Teams must win by two (2) points.
    - Point caps:
      - 30 points for Sets 1 & 2
      - 25 points for Set 3
- Each team is allowed one (1) 30-second timeout per set.

### Service Rules

- The first server for each team must be in the right-back position.
- Servers may serve from any location laterally behind the end line.
- A serve that contacts the net and goes over is legal and in play.
- Jump serves are allowed unless otherwise specified by league division.

### Playing the Ball

- A team may use no more than three (3) contacts to return the ball over the net.
- A block does not count as one of the three contacts.
- Legal contact:
  - The ball must not visibly come to rest or involve prolonged contact.
- Front-row players may contact the ball from anywhere, provided the ball has not completely crossed the vertical plane of the net.
- Back-row players:
  - May attack from behind the attack line at any height.
  - May not attack a ball completely above the height of the net if positioned on or in front of the attack line.

- If the ball strikes an overhead obstruction:
  - The ball remains in play provided it stays on the same side and is legally played by the same team.

## Net & Blocking Rules

- A player may not contact a ball entirely on the opponent's side of the net unless it is a legal block.
- Blocking a ball entirely on the opponent's side is legal only after the opposing team has completed its attack, defined as:
  - The attacking team has used all three contacts, or
  - The ball is clearly directed toward the opponent's court, or
  - The ball is falling near the net and no attacking player can make a play.

## Fouls

- Blocking a serve is illegal.
- A net violation occurs when any part of a player's body contacts the net.
  - Hair touching the net is not a foul.
- A player may cross the center line with a foot or hand as long as part remains on or above the line.
- Crossing the center line with any other part of the body is illegal.

## Sportsmanship & Conduct

- This league is intended to provide a safe, respectful, and enjoyable environment for all participants, officials, and spectators.
- Good sportsmanship is expected at all times, including before, during, and after matches.

## Player Conduct

- Players must treat teammates, opponents, officials, and staff with respect and courtesy.
- Unsportsmanlike behavior will not be tolerated, including but not limited to:
  - Profanity or abusive language directed at others
  - Arguing with or disrespecting officials
  - Taunting, baiting, or intentionally distracting opponents
  - Physical or verbal intimidation
- Only team captains may respectfully address rule clarifications with officials.

## Tournament & Playoff Eligibility

- All players must participate in at least one full regular-season match to be eligible for tournament play.
- Players who have not paid their registration fee are ineligible for playoffs until the fee is paid in full.

## Net Height

- The net height for the Women's Volleyball League shall be set at:
  - 7 feet 4 $\frac{1}{4}$  inches (7'4 $\frac{1}{4}$ ")